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1. AGENCY USE ONLY (Leave blank)		2. REPORT DATE December 1994		3. REPORT TYPE AND DATES COVERED
4. TITLE AND SUBTITLE The Haddon Matrix: Application to the Prevention of Airborne Injuries			5. FUNDING NUMBERS	
6. AUTHOR(S) Amoroso, Paul, Bell, Nicole				
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) U.S. Army Research Institute of Environmental Medicine Natick, MA 01760-5007			8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)			10. SPONSORING/MONITORING AGENCY NUMBER	
19960419 083				
11. SUPPLEMENTARY NOTES Proceeding of 5th Annual Asia - Pacific Military Medical Conference, New Delhi, India, 25-30 January 1995				
12a. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release; distribution is unlimited			12b. DISTRIBUTION CODE	
13. ABSTRACT (Maximum 200 words) In the US, injuries kill more people age 1-34 than all diseases combined and are the leading cause of death up to the age of 44. Injuries also result in more lost working years of life than all forms of cancer and heart disease combined. In the US Army, injuries are the leading cause of hospitalization and outpatient visits. Injured soldiers are a tremendous drain on limited health care resources and have negative impact on combat readiness. For example, during Operation Just Cause, 11% of soldiers parachuting into Panama sustained disabling jump injuries. Twice as many more soldiers were rendered ineffective due to the need to care for these injured soldiers. Injury control programs are by necessity multidisciplinary, drawing together the talents of specialists from many scientific fields including medicine, public health, safety, engineering, psychology, physics, sociology, and law. One area which has benefitted tremendously from this approach has been the field of transportation safety. The purpose of this presentation is to show how the same methodology can be applied to militarily relevant hazards. The late Dr. William Haddon, Jr. was a pioneer in the field of transportation safety. (truncated after 200 words)				
14. SUBJECT TERMS airborne, parachute, injury, prevention, Haddon Matrix, injury control, accident			15. NUMBER OF PAGES 1	
			16. PRICE CODE	
17. SECURITY CLASSIFICATION OF REPORT Unclassified	18. SECURITY CLASSIFICATION OF THIS PAGE Unclassified	19. SECURITY CLASSIFICATION OF ABSTRACT Unclassified	20. LIMITATION OF ABSTRACT UL	

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Date: DEC 94

PUBLICATION AND TECHNICAL PRESENTATION CLEARANCE

1. Report/Presentation Title: The Haddon Matrix: Application to the Prevention of Airborne Injuries
2. Authors: Amoroso, Paul, Bell, Nicole
3. Type of Document: ☒ Abstract ☐ Poster ☐ Presentation ☐ Book Chapter
☐ Journal Article ☐ Technical Report ☐ Review Article
4. Proposed journal or publication: Proceeding of 5th Annual Asia - Pacific
5. Meeting name, dates & location: Military Medical Conference, New Delhi, India

6. The attached material ~~contains~~ does not contain classified material. It ~~does~~ does not contain any potentially sensitive or controversial material.

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7. Editorial Comments ~~have~~ have not been requested:

Technical Editor

Date

8. Recommend Clearance:

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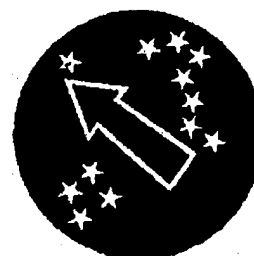
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10. STO/Task number 3WC Budget Project No. 30262787879 Cost Code SDN: 6A4CWC
11. USARIEM Clearance Number P96-54 (Abs) RPOD 20 Mar 96 (Date) *com: 4000*

**ABSTRACTS OF THE
5TH ANNUAL ASIA-PACIFIC
MILITARY MEDICAL CONFERENCE
IN NEW DELHI, INDIA**



25-30 JANUARY 1995

THE HADDON MATRIX: APPLICATION TO THE PREVENTION OF AIRBORNE INJURIES.

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The mission of the Occupational Medicine Division at the U S Army Research Institute for Environmental Medicine is to: 1) evaluate mechanisms of musculoskeletal injuries, 2) conduct epidemiological investigations to determine risk factors for injury, and 3) devise intervention/prevention strategies to control the human and monetary costs of injuries among Army personnel.

In the US, injuries kill more people age 1-34 than all diseases combined and are the leading cause of death up to the age of 44. Injuries also result in more lost working years of life than all forms of cancer and heart disease combined. In the US Army, injuries are the leading cause of hospitalization and outpatient visits. Injured soldiers are a tremendous drain on limited health care resources and have a negative impact on combat readiness. For example, during Operation Just Cause, 11% of soldiers parachuting into Panama sustained disabling jump injuries. Twice as many more soldiers were rendered ineffective due to the need to care for these injured soldiers.

Injury control programs are by necessity multidisciplinary, drawing together the talents of specialists from many scientific fields including medicine, public health, safety, engineering, psychology, physics, sociology, and law. One area which has benefitted tremendously from this approach has been the field of transportation safety. The purpose of this presentation is to show how the same methodology can be applied to militarily relevant hazards.

The late Dr. William Haddon, Jr. was a pioneer in the field of transportation safety, and has been credited with numerous important contributions to the field of injury prevention and control. Perhaps one of his most significant contributions has come to be known as the "Haddon Matrix." Disarmingly simple in approach, the Haddon matrix provides an elegant framework for evaluating accidents and for the development of strategies for the prevention of personnel injuries as well as damage to property.

Several years ago, we identified military tactical parachuting to be one particularly hazardous activity. The Haddon Matrix is used as a model for identifying intervention strategies for the prevention of injuries during airborne operations. One such strategy has been the use of an out-side-the-boot ankle brace for the prevention of ankle injuries. In a recent study, ankle sprains were reduced 7:1 by the use of such a brace. Since ankle injuries are the most common airborne injury, braces are expected to have significant benefit.

Phases	FACTORS		
	Human	Vehicles and Equipment	Physical and Socioeconomic environment
Pre-event	rest, nutrition	low porosity parachute	drop zone selection
Event	physical fitness experience	reserve chute, ankle braces	winds/weather
Post-event	training	ambulance access	trauma center
Losses	Injury to people	Damage to vehicles and equipment	Damage to physical and socioeconomic environment

The Haddon Matrix is a useful tool for identifying and analyzing risk factors for injuries. It is very useful in the early development of intervention strategies.